



CLASS DESCRIPTION

Land/Water

Weight bearing / equipment classes

Y-BC				
Body conditioning class with cardio, that incorporates lots of different equipment. Fun and challenging class.				
Intensity				
Cardio				
Choreography				

Y-Fit				
Maximize your results with this strength class that incorporates bodyweight and weight bearing exercises.				
Intensity				
Cardio				
Choreography				

Y-Pump				
Take your weight lifting to the next level! Music drives this class. High rep/ low weight will build endurance and overall muscle strength.				
Intensity				
Cardio				
Choreography				

Y-Bootcamp				
Military cardio drills alternating with strength exercises. If you are looking for a calorie burning challenge this is the class for you.				
Intensity				
Cardio				
Choreography				

Y-Barre				
A modern version of classic ballet training. Incorporates small weights. Builds core strength and good posture. Full body workout				
Intensity				
Cardio				
Choreography				

SilverSneakers Basic				
Increase muscle strength and range of motion for daily living. A chair is used for seated exercises and standing support. Recommended for seniors.				
Intensity				
Cardio				
Choreography				

No weights/Cardio classes

STRONG (NATION/45)				
Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.				
Intensity				
Cardio				
Choreography				

Cardio Kickboxing				
Fat blasting and ab-defining cardio workout set to pounding, motivating dance music.				
Intensity				
Cardio				
Choreography				

Y-Combat				
Take your cardio workout to the next level! Each song represents a type of martial arts. This class is totally non-contact. Learn moves from for ex. boxing, karate and Muay Thai.				
Intensity				
Cardio				
Choreography				

Y-Cycle				
A high energy, vigorous, and instructor led cycling class that will challenge you with a high intensity and calorie burning workout.				
Intensity				
Cardio				
Choreography				

Dance Fitness classes

Zumba				
Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exiting fitness program.				
Intensity				
Cardio				
Choreography				

WERQ				
WERQ is a cardio dance workout to the hottest pop and hip hop music with easy to follow high energy dance steps.				
Intensity				
Cardio				
Choreography				

Zumba Gold				
Low intensity version of the regular Zumba class. Recommended for seniors.				
Intensity				
Cardio				
Choreography				

Mind/Body classes/water classes

Yoga				
Postures are practiced to align, strengthen and promote flexibility in both body and mind. Standing exercises and floor work incorporated.				
Intensity				
Cardio				
Choreography				

Y-SPLASH (Water)				
This class uses the natural resistance and buoyancy of water against the body and water weights to provide a wide variety of conditioning activity.				

Aqua Zumba (Water)				
Have fun blending the Zumba philosophy with water resistance for one pool party you shouldn't miss!				

Y-H2O (Water)				
This is a shallow water cardiovascular workout. It is intended to be a moderate intensity class by increasing the heartrate and burn calories.				